Command Indoctrination
Tobacco Presentation

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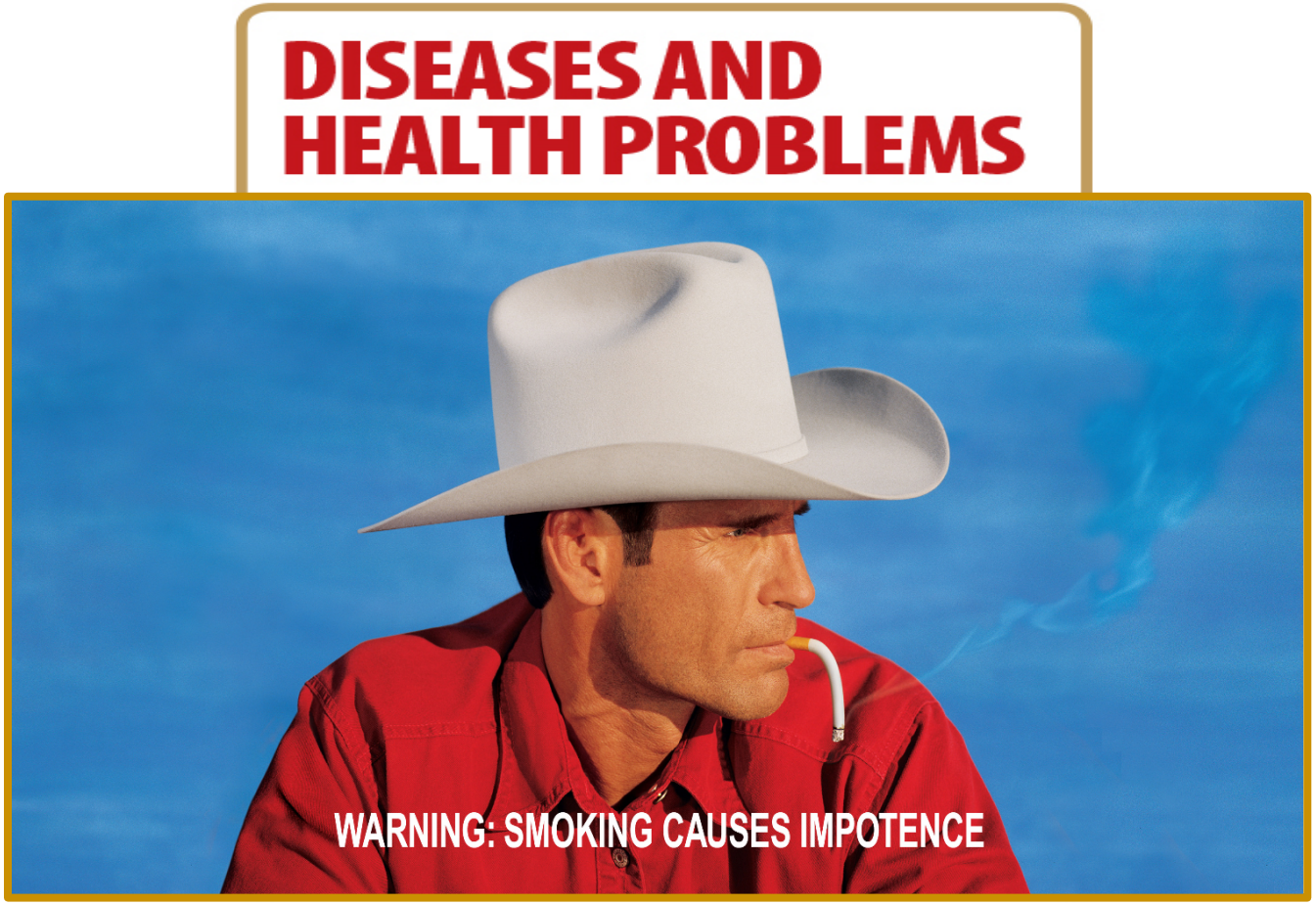
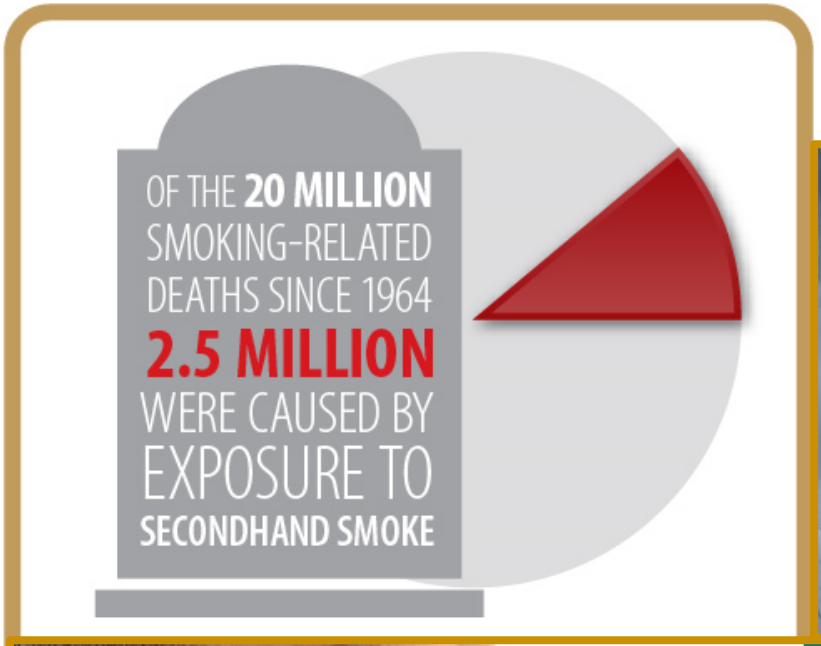
Tobacco Use is Harmful to your Health

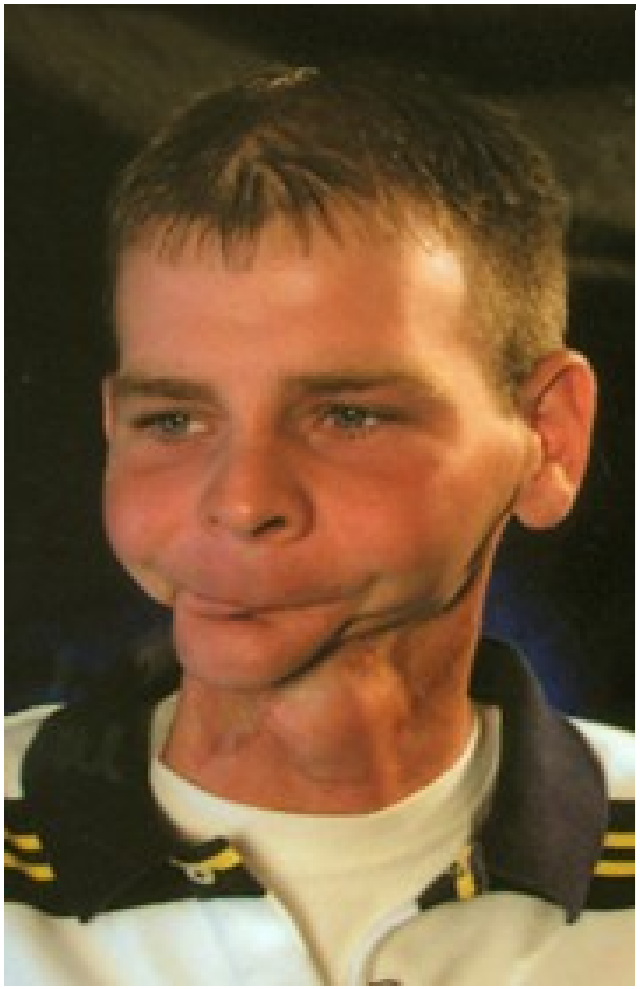


480,000 Americans die every year prematurely due to smoking cigarettes or being exposed to secondhand smoke

Secondhand Smoke is Harmful



Smokeless Tobacco is Harmful



Gruen Von Behrens

Gruen grew up in a rural farming community and first tried spit tobacco at age 13 to "fit in." By age 14 he was addicted to nicotine and at age 17 he was diagnosed with squamous cell carcinoma. He is a rare survivor of oral cancer.

At 30 years-old, he had endured over 40 painful and disfiguring surgeries to save his life, including one radical surgery that removed half his neck muscles, lymph nodes and 1/3 of his tongue.

Although his speech is slurred, he has been on a continuous crusade, giving talks to discourage people from using smokeless tobacco

Alternative Tobacco Products are Not af

Health Hook
When compared to cigarettes, Hookah smoke contains:
1.7x Nicotine
3x Nitric Oxide
4-15x Acrolein
6-31x Formaldehyde
15x Carbon Monoxide
Higher levels of:
Arsenic, Lead, Nickel, Cobalt and Chromium
Not a safe alternative to cigarettes
Ready To Quit Tobacco?
If you are ready to quit tobacco, get started with these resources:
- Visit the Navy and Marine Corps Public Health Center's Tobacco Free Living web page: www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/ready-to-quit-tobacco.aspx
- Visit your local health promotion office or health promotion personnel
- Talk with your medical or dental provider at your military treatment facility
- Call 1-800-QUIT-NOW to reach your state's quitline
- Visit the Department of Defense education campaign www.ucanquit2.org for more information and quitting support

Help Service Members
Plug Into the Facts About E-Cigarettes.
E-HELP OR E-HARM?
THE DEBATE ABOUT E-CIGARETTES CONTINUES.
E-cigarette users think they've found a safe substitute for the real thing. Why wouldn't they? Inhaling vapor from an e-cigarette instead of smoke from burning tobacco seems like a healthier alternative. Plus, with e-cigarettes, they aren't exposing others to the dangers of secondhand smoke.
But are e-cigarettes really safe? E-cigarette makers say so, but they have no scientific data to back their claims. There is no solid information about how these products will affect the health of users now, or in the long run. Many health experts would like to pull the plug on these nicotine devices until the long-term health effects can be studied.
One of the biggest concerns of public health officials is the lack of quality control over the e-cigarette industry. E-cigarettes are not made under the same strict standards as pharmaceutical products such as nicotine inhalers. Tests of several brands showed different amounts of nicotine being delivered. Several brands had wrong, missing, or confusing labels and filled orders with the wrong strength of nicotine.
While some e-cigarette manufacturers claim their products deliver nicotine without the harmful chemicals and toxins in tobacco, the Food and Drug Administration warns that e-cigarettes may contain toxic ingredients.
E-cigarettes pose other health hazards. They have been found to leak liquid nicotine, which can be absorbed through the skin, another possible health issue. Just recently, a Florida man was severely burned when an e-cigarette with a faulty battery exploded in his mouth, knocking out some teeth and destroying a chunk of his tongue.
Additionally, e-cigarettes may actually have the opposite effect on users than intended. E-cigarettes may inspire smokers to keep using nicotine instead of trying to quit. Since e-cigarettes often are allowed in nonsmoking areas, users may have more exposure to nicotine and may expose others to secondhand vapor. And that presents yet other potentially troubling health risks, since no studies have yet confirmed that secondhand vapor is harmless.
Let service members know that the final word on the safety of e-cigarettes isn't out yet. Encourage them to be wary of false and misleading claims. Send them to DoD's tobacco cessation website, http://www.ucanquit2.org/ to stay tuned in and on top of the latest intelligence on this controversial topic.
WHAT ARE YOU PLUGGING INTO?
Stay on Top of the Electronic Cigarette Debate.
Get the latest facts at www.ucanquit2.org
QUIT TOBACCO. make everyone proud
WHAT IS AN E-CIGARETTE?
An e-cigarette is designed to look like a tobacco cigarette and comes in a variety of shapes and sizes. It is battery-powered to heat a cartridge of liquid, usually containing nicotine. The heat turns the liquid into a vapor for users to inhale. The first e-cigarettes appeared in China in 2004, and now dozens of e-cigarette products are on the market.
To access any of the campaign resources or order free materials, go to www.ucanquit2.org today!
QUIT TOBACCO. make everyone proud www.ucanquit2.org

Tobacco Use is Addictive

- **Repeated use of tobacco products (chew**

cigars, dip, electronic, pipes, smokeless) r
nicotine dependence.

- **Experience nicotine withdrawal when cu**
  quit…

effects are usually short-lived and less tha

- **Most tobacco users are interested in quitting.**

- **Often takes several serious quit attempts to be successful.**

- **There are many proven ways to quit, and there are more former smokers than there are current smokers.**

Tobacco Use Compromises Mission a in

- Improve night visio
- Increase lung capac
- Enhance mental acu
- Increase stamina
- Improve fine motor coo
- Decrease injuries and a
- Boost ability to manage
- Decrease need for wate

& Marine Corps Tobacco Po

- Tobacco (chew, cigarettes, pipes, smokeless, electronic) may only be used in the Designated Tobacco use areas.
- “Break periods for tobacco users will be the same as for non-users.”
- “Should conflicts arise between the rights of tobacco users and non-tobacco users, the right to a tobacco free space shall prevail.”
- Tobacco use is prohibited during time authorized for physical fitness, training and conditioning.
- Staff at initial entry and training programs may not use tobacco in presence of students, recruits, officer candidates and midshipmen

“A user of tobacco products is not the Navy’s vision of a fit war-fighter.”

Where to go for Help

- Medical/Dental
- MTF Health Promotion Tobacco Cessation p

- Call your state Quitline 1800-Q
- Call the Regional TRICARE Help
  - North Region Call – **(877) 459-8766**
  - South Region Call – **(877) 414-9949**
  - West Region Call – **(866) 244-6870**

- Web based cessation progra
  - Navy & Marine Corp Tobacco Free Living
- Apps
- Texting progra

- Civilian Healthcare Plan coverage